



SEPTEMBER GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FBC Staffed Hours: M 0500-2000 T-F 0500-1000 1500-2000	1 NO CLASSES	2 Toning and Mobility: 0830-0930 Cassie Hip Hop: 1830-1930	3 Strength Boot Camp: 0900-1000 Carolyn Spin: 1800-1900 Cassie	4 *Spin: 0600-0700 Sarah *Yoga: 0900-1000 Lauren *Toning+Mobility: 1800-1900 Cassie	5 Spin: 0900-1000 Cassie	6
7	8 Zumba: 1800-1900 Cassie	9 Toning and Mobility: 0830-0930 Cassie Hip Hop: 1830-1930	10 Strength Boot Camp: 0900-1000 Carolyn Spin: 1800-1900 Cassie	11 Spin: 0600-0700 Sarah *Yoga: 0900-1000 Lauren *Toning+Mobility: 1800-1900 Cassie	12 Spin: 0900-1000 Cassie	13 Spin: 0900-1000 Cassie
14 **Personal Training Services Available**	15 Zumba: 1800-1900 Cassie	16 Toning and Mobility: 0830-0930 Cassie Hip Hop: 1830-1930	17 Strength Boot Camp: 0900-1000 Carolyn Spin: 1800-1900 Cassie	18 *Spin: NO CLASS *YOGA: 0900-1000 Lauren *Toning+Mobility: 1800-1900 Cassie	19 Spin: 0900-1000 Cassie	20 BREAST CANCER AWARENESS CLASS WITH CASSIE Zumba: 0900-1030
21	22 Zumba: 1800-1900 Cassie	23 Toning and Mobility: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina	24 Strength Boot Camp: 0900-1000 Carolyn Spin: 1800-1900 Cassie	25 *Spin: NO CLASS *Yoga: 0900-1000 Lauren *Toning+Mobility: 1800-1900 Cassie	26 Spin: 0900-1000 Cassie	27
28 **Performance Dietitian Services	29 Zumba: 1800-1900 Cassie	30 Toning and Mobility: 0830-0930 Cassie Hip Hop: 1830-1930				

Our Mission

The Fort Rucker Fitness Program is dedicated to serving the needs of our patrons by providing professional instruction during safe, effective, well-balanced and fun workouts. We strive to offer a variety of classes that focus on strength, cardiovascular conditioning, flexibility training, and mind/body awareness. We believe in promoting the general health of an individual on a personal level, with all the components to make your workout a more effective and enjoyable experience.

Class Descriptions

- **SPINNING** – Begin making your fitness goals a reality with uncomplicated movements to learn. Spinning provides a motivating group environment, excellent instructors, and music that begs your legs to pedal. You'll get a heart-pounding, yet low impact workout while maintaining the ability to go at your own pace. Training sessions will be Interval, Endurance, Strength or Race Day rides. Appropriate for all fitness levels.
- **ZUMBA** – Dance fitness classes that are fun, energetic, and make you feel amazing. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party!
- **YOGA** – A series of poses performed sequentially on one side and then repeated on the other side. Movement is synchronized with the breath. Between each side, the student performs a mini sequence called a "vinyasa". A vinyasa is string of 4 poses: straight arm plank (high push up), chaturanga (low push up position), a back bend (upward facing dog or cobra), and, finally, downward facing dog. Can be performed at a fast or slow pace.
- **TONING & MOBILITY (T&M)** – A fitness class that focuses on strengthening and toning muscles throughout the body. This includes a combination of cardio, light weights, bands, steps, range of motion, flexibility, breath work, core strength and mobility exercises.
- **STRENGTH TRAINING** – Join us for a dynamic 45-minute weight training class that will energize your body and mind! In this fun yet challenging workout, we'll target each major muscle group with high repetitions and moderate weights, perfect for building strength and promoting hypertrophy. Get ready to pump it up as we power through our routines to upbeat, energetic music that keeps the vibe high and our focus sharp. Whether you're a seasoned pro or just starting out, this class promises to leave you feeling accomplished and ready for more!
- **XTREME HIP HOP** – Xtreme Hip Hop is a high-energy cardio and step aerobics class that uses hip hop music. It's a modern take on traditional step aerobics. Benefits include burning calories, strengthen cardiovascular abilities, strengthen lower body, and relieve stress.

Class Policies & Procedures

- All classes are held in the group fitness room at Fortenberry-Colton Physical Fitness Center. *Schedule is subject to change.*
- *Weekend classes require 24/7 access- must sign up in advance at FBC during staffed hours.*
- Each class is \$4.00, and no pre-registration is required.
- Children *under the age of 13* are not permitted to attend any fitness classes as a participant or spectator. They are prohibited from utilizing the fitness facility and may not be left unsupervised.
- Active-duty units may request a private PT session with an instructor. E-mail reservation requests to John Fowler
-

Address and Phone Numbers

Fortenberry-Colton Physical Fitness Center (FBC)

BLDG 5900 Skychief St, Fort Rucker, AL 36362
(334) 255-3794
Staffed hours: M 0500-2000 / T-F 0500-1000 & 1500-2000

Fort Rucker Physical Fitness Center (PFC)

4605 Andrews Ave, Fort Rucker, AL 36362
(334) 255-2296
Hours: M-F 0500-2000 / S-S 0800-1800